



Eggplant



Excellent Eggplant! Full of Fiber and Antioxidants.

Nutrition Tips

- 1 cup of diced eggplant has only 27 calories.
- Rich in fiber, potassium, B vitamins and magnesium.
- Rich in phytonutrients that act as potent antioxidants.

Tips for Enjoying Excellent Eggplant

- Choose eggplants that feel heavy and have forest green stems.
- Ripe eggplant responds to slight pressure from your thumb and will spring back.
- Store in a cool, dry place and use within a day or two of purchasing.
- The skin on eggplant is edible but may become bitter and require peeling.
- Cut eggplant just before cooking as the flesh discolors rapidly.

Increase your Eggplant Intake

- Slice eggplant and add to lasagna dishes.
- Grill sliced lightly oiled eggplant.
- Cube eggplant and bake in tomato sauce with onions, garlic, and fresh oregano.
- Brown eggplant strips in olive oil, add fresh parsley and herbs.
- Cut slits into a whole eggplant, stuff with garlic roast in a 400-degree oven for 40 to 60 minutes or until collapsed and completely tender. Peel the eggplant, then chop or mash into a puree.



This publication was supported by the CDC Cooperative Agreement number U58/DP001494. Its content are solely the responsibility of the authors and do not represent the officials views of the CDC.

Eggplant Recipe

Easy Eggplant Pasta Sauce

Serves 4

Ingredients:

- 2 cups peeled and cubed eggplant
- 1 cup sliced fresh mushrooms
- 2 (14 oz.) cans diced Italian seasoned tomatoes
- 1/2 cup diced onions
- 1/2 cup grated fresh parmesan cheese
- 1 tbsp Italian Seasoning
- Salt and pepper, to taste*

Directions:

In a large skillet over medium heat, combine eggplant, mushrooms, tomatoes, onions and Italian seasoning. Cover and cook 20 minutes, stirring occasionally. Eggplant should be tender, but not mushy. Stir in parmesan cheese just before serving. Serve over whole wheat pasta or toasted baguettes.

Nutrition:

Per serving: 150 calories, 4 g fat, 9 g protein, 20 g carbohydrate, 3 g fiber, 1020 mg sodium

Additional salt and pepper not included in analysis To decrease sodium content use fresh tomatoes.*

****This recipe is a Foot Steps to Health recipe and is 500 Club Approved.****



For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.childhoodobesitycoalition.org/>